Rice University- LPAP 186
Pilates Mat Class; Fall 2019
Tuesday/Thursday 1:00-1:50 pm & 2:15-3:05 pm
MPR3

Instructor: Chrissy Leach
Email: *chrissy@align-body.com*

Course Description:

This course is a basic Pilates Mat class that will progress from beginning, intermediate and selected advanced level mat exercises. The learning and understanding of the exercises, and their goals/intents will be taught by brief lectures, observation and practice. The evaluation of Progress will be assessed through **participation** and attendance, application of corrections given during class, a midterm and a final exam.

Pilates was originally called Contrology, the method of exercise teaches the mind to communicate and control the muscles, to stabilize the core, and isolate targeted muscles depending on the exercise. The exercises are designed to restore optimal length-tension relationships of the muscles and is achieved by strategically stretching what is tight and strengthen what is weak to restore optimal alignment. Stabilizing and strengthening the abdomen and back muscles, coordination, kinesthetic awareness, breath and correct spinal and pelvic alignment are all are key components of the Pilates method. The ultimate goal is to apply Pilates Technique not only to the Mat Class routines, but to you other workouts, sports and everyday life.

Course Objectives:

1. To improve kinesthetic awareness, physical fitness, and body alignment.
2. To strengthen the powerhouse muscles.
3. To develop the skill of stabilizing the core while isolating specific muscles.
4. To be able to define the principles of Pilates and apply them to your best ability to the exercises in class and off the mat.
5. To know what corrections your body needs for optimal alignment
6. For each student to achieve progression through the Pilates mat series based on:

A. familiarity with the essential concepts, basic terminology and of the exercises

B. coordination with breath with exercises
C. musculoskeletal awareness
D. relevant modifications for one's body

This Class will consist of four to five distinct workouts consisting of 10-15 key new exercises. You will be responsible for knowing intent of the exercises, their names, set up, breath, reps, technique.

You'll have a Mid Term and a Final. The midterm will be focused on your understanding of the principles of Pilates. At the end of the semester, you will choose two exercises from each of the five workouts and customize your own Pilates workout. This assignment is your final. Each is worth 50 points

1. Demonstrate it to the best of your ability without me cuing.
2. Write workout with the names of exercises and specific cues for each exercise.

Course Content:

- Brief history of Pilates, and it's founder Joseph Pilates
- Anatomy and muscles applicable to Pilates Mat Technique
- Beginning, Intermediate and Intermediate/ Advanced Mat
- Exercises that apply the concepts of Pilates and/or modifications of Classic exercises

Supplemental Textbooks and websites:

The Pilates Body by Brooke Siler
Anatomy of Movement by Blandine Calais-Germain
Trail Guide to the Body by Andrew Beil
www.pilatesanytime.com

Attendance Policy:

The attendance policy for LPAP courses that meet twice a week will be as follows:
Students are expected to attend all class sessions and to actively participate while in attendance. During the course of the semester, students are allowed two "free" absences. Should a student miss an additional class(es) she/he will need to arrange to make up the missed class at a time and place that is agreed upon by both the student and the instructor. It is the responsibility of the student to initiate conversation with the instructor to discuss the make-up, and an agreement must be reached between the two within two weeks of the absence. If a student fails to make up a missed third or fourth class, his/her final grade will drop by one or two grade letters, respectively.

Please note, students will not be allowed to make up more than two classes. Five total absences, including those that were made up and no matter their circumstance, will result in a failing grade for the course.

Signature_____ Date_____

** You may receive credit for classroom observation and may be asked to do additional assignments if you sustain an injury which would prevent safe participation. NO TEXTING will be permitted

Honor Code Violations:
All students are expected to uphold their pledge to the Rice Honor Code. Any student suspected of cheating on an exam or written assignment will be reported to the Chair of the Honor Council, and an investigation will ensue. Any questions that you may have about what constitutes an honor code violation in this class can be directed to the instructor.

ADA Statement:
This instructor, in conjunction with Rice University, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodation, please contact the Disability Support Services Office in the Ley Student Center. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodations should be made as early as possible. Any requests for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting

Class Etiquette:
You are expected to be on time – students more than fifteen minutes late will not be permitted to take class.

- If you are late for unavoidable reasons enter quietly
- Please turn cell phones off or on vibrate
- No talking during the class time
- Please do not eat or drink (besides water) or chew gum during class

- Wipe down mats and, roll them up and put away all props at the end of class.
- Clothes should be form fitting, without restricting movement. DO NOT TAKE CLASS IN YOUR STREET CLOTHES – NO JEANS. ***NO SHORT SHORTS THAT LEAVE YOU UNCOVERED*** shorts with bike shorts are fine even bike shorts by themselves are fine. (I WILL ASK YOU TO LEAVE IF THIS IS NOT RESPECTED)
- Yoga / sweat pants and or long shorts with bike shorts underneath are best.
- Remove large jewelry, secure long hair, and avoid large hair clips.
- If you must observe due to injury, no cell phones or laptops are allowed. I expect written notes about the class to be turned into me at the end of the class, or you will be asked to leave and counted absent.

Evaluation:

Attendance/punctuality and active participation	350 points
Health History Form	25 points
Signed Syllabus and Attendance Policy	25 points
Mid Term	50 points
Final Exam	50 points
Total points possible	500 points

**If you are 15 minutes late, you will not be permitted to take class and will be counted absent.

Important Assignments and Due Dates:

Mid Term	**October the 10th**
Final Exam	**December the 5th**

Grading Scale

A+	487-500
A	468-487
A-	448-467
B+	433-447
B	413-432
B-	398-412
C+	383-397
C	363-382
C-	348-362

D+	333-347
D	313-332
D-	298-312
F	<298

ATTENDANCE CONTRACT AND GRADING

I, _____, have read and understand the syllabus and the attendance policy.

Date: _____